Top 5 Ways You Can Reduce the Risk of Child Sexual Abuse

Assess Risky Situations

How this is connected to sexual abuse:
Examine moments of unsupervised time and monitor who is with your kids during that time. You can’t be with them every minute, and that is how they develop independence. But you can choose the right moments to be most vigilant and prepare children for high-risk situations.

Open Communication

How this is connected to sexual abuse:
Communication is key to raising kids. Do everything you can to help children feel comfortable and able to discuss what is going on in their life. Emphasize the dangers of secrecy, the benefits of open dialogue, and that they can always talk with you and feel safe to share. Helping children communicate openly will increase the likelihood they will come to you when something does happen.

Healthy Boundaries

How this is connected to sexual abuse:
People who respect the boundaries of others are less inclined to commit abuse. Kids who can distinguish between healthy boundaries and manipulation are better prepared to resist abusive situations when they encounter them. When they expect that everyone (including adults) should honor healthy boundaries, they are more empowered to alert others when something seems wrong.
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**Emotional Well-Being**

*How this is connected to sexual abuse:*

Children with healthy self-esteem and who can manage their emotions are less vulnerable to abusive situations. They are able to quickly navigate away from settings and behaviors which cause them concern. You can address loneliness and insecurity, which increase a child’s vulnerability.

**Discuss Sexual Development**

*How this is connected to sexual abuse:*

Kids learn about sexuality one way or the other. Take ownership of your role in helping children learn about sexual development by teaching what is appropriate in practice and principle, and where children can go with questions and confirmations about what they are experiencing as they mature.

**SOMETHING I WILL DO TO HELP REDUCE THE RISK OF ABUSE IS:**